

Getting to Know Your Child's College: A Checklist for Parents

What are the college's policies regarding mental health?

- ☐ YES ☐ NO ■ Does the college have a mental health management plan in writing?
- ☐ YES ☐ NO ■ Have enough financial resources been allocated to accommodate the plan and all of its components?
- ☐ YES ☐ NO ■ Do they have a Medical Leave policy in place that includes mental health problems?

How will the college know when a student needs help?

- ☐ YES ☐ NO ■ Is there a mental-health screening program in place?
- ☐ YES ☐ NO ■ Is there a transitional support program in place for parents and families of incoming students who have already been diagnosed with mental health disorders?
- ☐ YES ☐ NO ■ Are their professors, coaches, clergy, and student/resident advisors trained to identify students who may be at risk for suicide and/or suicidal behaviors?
- ☐ YES ☐ NO ■ Do they educate students about mental health issues so that they are able to identify at-risk behaviors within themselves and among their peers?

What services does the college provide on the campus itself?

- ☐ YES ☐ NO ■ Is there an on-site mental health services center?
- ☐ YES ☐ NO ■ Have they hired providers who are appropriately trained to handle suicidal clients? If not, are they willing to train them?
- ☐ YES ☐ NO ■ Do they have an on-site medical center with personnel who can prescribe the appropriate medication, if necessary?
- ☐ YES ☐ NO ■ Do they have a 24-hour emergency service that is accessible to students?
- ☐ YES ☐ NO ■ Do they have a crisis management plan in place in the event of a suicide or other trauma on campus?
- ☐ YES ☐ NO ■ Do they provide students with support programs (social, academic, etc.)?
- ☐ YES ☐ NO ■ Have they made their students and faculty aware of exactly what services are offered on campus and in the community?
- ☐ YES ☐ NO ■ Do they publicize the names and numbers of on-campus and off-site support providers?

What services are available in the nearby community?

- ☐ YES ☐ NO ■ Does the college have working relationships with community mental health providers to ensure appropriate off-site referrals? Do they know their appointment hours and fees? Have they arranged for a sliding scale? Do these providers accept insurance?
- ☐ YES ☐ NO ■ Have they identified which hospital/center in the community is on call to handle any campus emergencies?
- ☐ YES ☐ NO ■ Does the university Web site offer links to mental health information and services?

